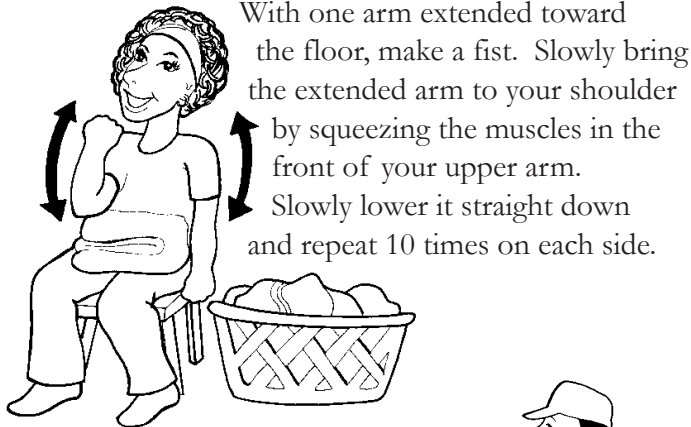


# Everyday Exercises for *BUSY* People

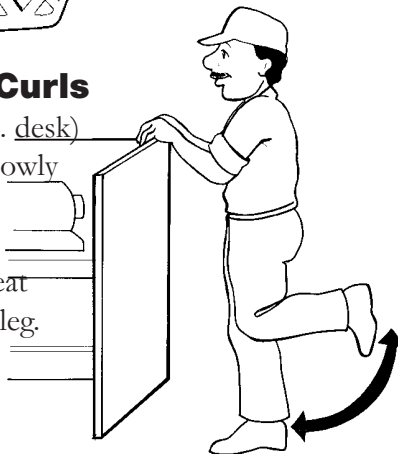
## Arm Curls



With one arm extended toward the floor, make a fist. Slowly bring the extended arm to your shoulder by squeezing the muscles in the front of your upper arm. Slowly lower it straight down and repeat 10 times on each side.

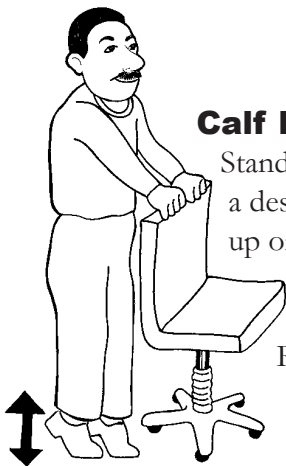
## Leg Curls

Hold on to an object (ex. desk) to support your weight. Slowly kick your left heel toward your buttocks. Return to the starting position. Repeat 10 times per leg.



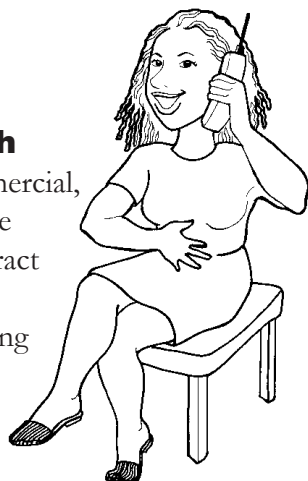
## Calf Raises

Standing behind an object (example a desk) for support, raise yourself up onto your toes. Hold and slowly lower back to the starting position. Repeat 10 times.



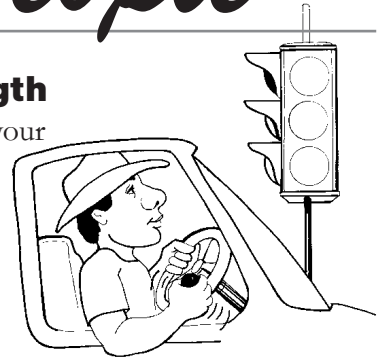
## Abdominal Strength

Choose a signal (TV commercial, telephone rings, etc.) At the signal, sit up straight, contract and squeeze your stomach muscles as if you were trying to suck in your stomach. Repeat 20 times.



## Grip Strength

Keep a rubber ball in your car, next to the TV, or by your favorite chair. Every free moment, squeeze the ball.



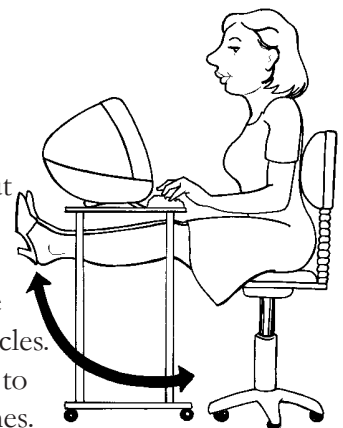
## Knee Ups

While sitting in your chair, alternate lifting your knees toward your chest. All movements should be performed very slowly. Do 15 lifts per leg.



## Leg Extensions

Sit straight up in your chair. Extend your feet straight out in front of you with your toes pointed up. Hold your legs in the up position while you squeeze your thigh muscles. Slowly lower your legs back to the floor and repeat 15 times.



## Seated Rowing

Sitting straight, reach your arms straight out in front of your body, palms down. Pull elbows back forming 90-degree angle at the elbow and pull elbows toward the back by squeezing your shoulder blades together. Slowly return to starting position and repeat 10 times.

